



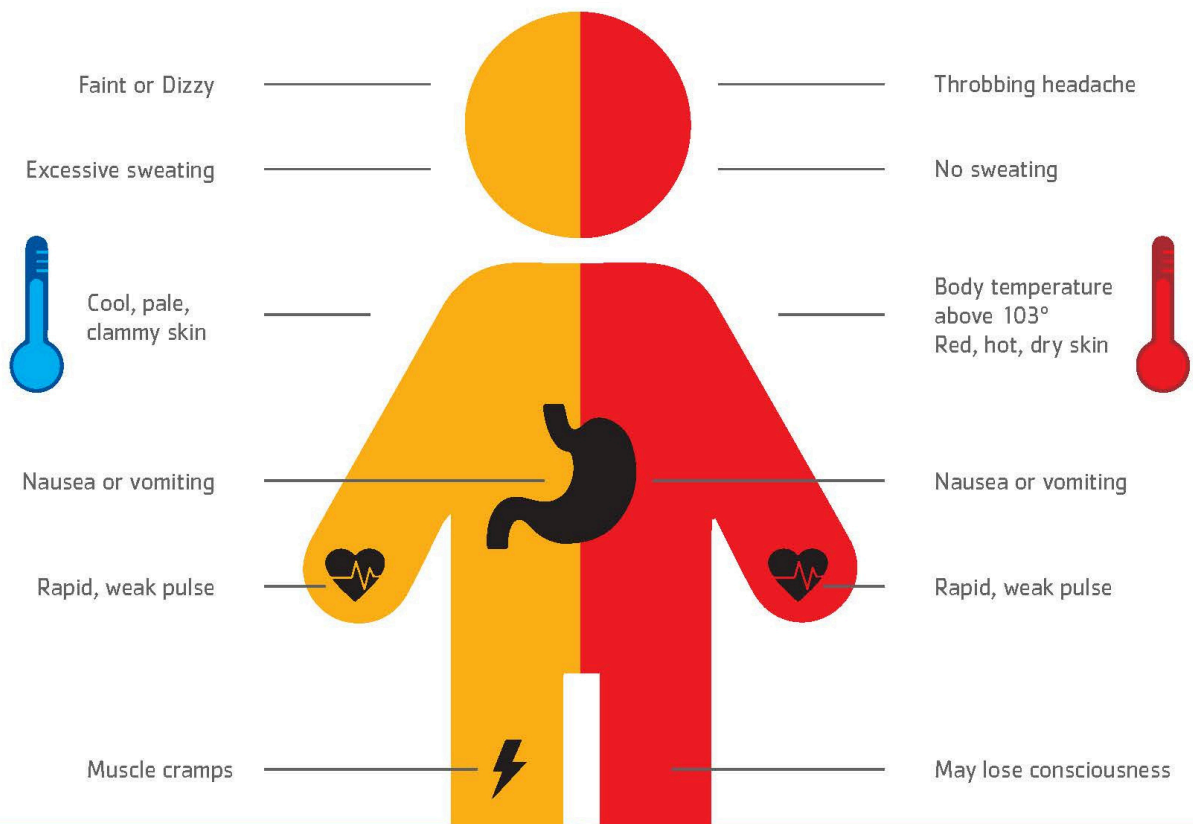
WHAT CAUSES HEAT EXHAUSTION AND HEATSTROKE?

Heat-related illnesses, such as heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

Heat Exhaustion

OR

Heatstroke



- Get to a cooler, air conditioned place.
- Drink water if fully conscious.
- Take a cool shower or use cold compresses.

CALL 911

- Take immediate action to cool the person until help arrives.



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- dizziness
- headache
- Fainting (passing out)

- Move the person to a cool place
 - loosen clothes
 - put cool, wet cloths on body or take a cool bath
 - Sip water
- Get medical help right away if:
- Person is throwing up
 - Persons symptoms get worse
 - Persons symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
- Cramps last longer than 1 hour
 - Person has history of heart problems

Want to learn more about Heat-Related Illness visit
CDC website at www.cdc.gov/extreme-heat/signs-symptoms/